

HEALTHY MOM



HEALTHY BABY



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Healthy Mom / Healthy Baby Program

Background:

Not every woman has a healthy pregnancy and not every child is born without health issues.

After 1987, national infant mortality rates were no longer declining as rapidly and the incidence of low birth weight infants had not changed within the prior 20 years. According to the Delaware Department of Vital Statistics¹, for mothers of all ages, the birth rate of low weight infants remained stable at 8.5 and 1.8 percent respectively. However, by race, the percentage of white infants born at very low birth weight declined, while both black and hispanic percentages remained the same. On the same note, the five year average of perinatal mortality is between 6.1 and 8.1 across Delaware for all races. However, on closer examination, infant mortality among black women is more than double the perinatal mortality rate than that of white women, with the highest rate in New Castle County of 13.4 %.

The objective of CareVio is to partner with the mom and her care team, focusing on reducing the risk of premature delivery, stabilizing any comorbid conditions and educating her about healthy maternity and newborn issues.

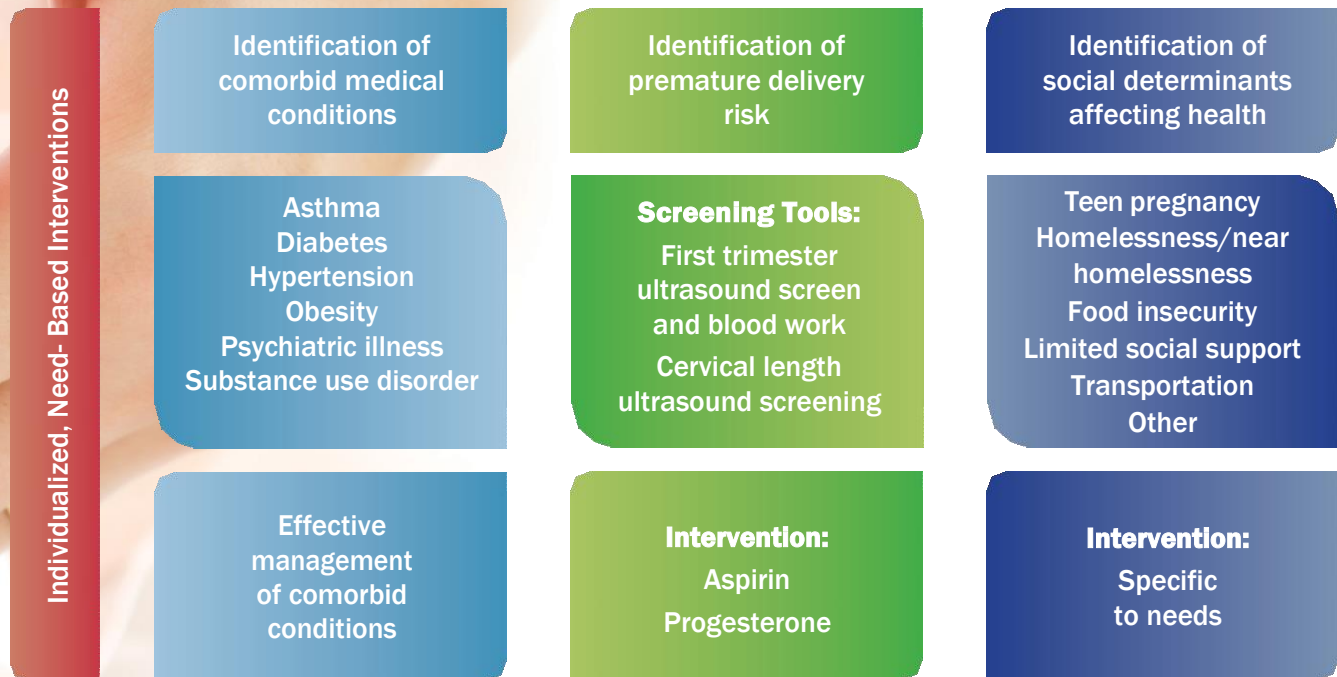
CareVio Healthy Mom Program

- CareVio goal is to drive better health outcomes, supporting healthy maternity behaviors, comorbid condition control and delivery at greater than 37 weeks gestation.
- CareVio will do this by:
 - Creating customized care plans based on physical, cognitive, psychosocial function and environmental needs of its beneficiaries.
 - Supporting adherence to medical appointments, testing and instructions.
- By using data to identify beneficiaries at high risk for complications, CareVio will interface with providers and with all members of the health care team, including beneficiaries and their families. CareVio will do this by proactively intervening with action plans based on evidence based best practice guidelines.
- Through engagement and partnership with the beneficiaries and providers, CareVio staff will be influential in:
 - Influencing healthy pregnancy best practice.
 - Facilitating physical, emotional and environmental preparation for the newborn.
 - Influencing control of any comorbid conditions.
 - Ultimately improving the rates of premature delivery and the rates of complications.



Focus of Heathy Mom/Healthy Baby Program

All Moms: healthy pregnancy habits, smoking cessation, electronic video education (EMMI), depression screenings, childbirth preparation, newborn preparation, reproductive planning, support medication and care plan adherence



Outcome: Healthy Mom and Healthy Baby

Care Management Based on Comorbid Medical Condition

Condition	Evidence Based Intervention
Asthma	<ul style="list-style-type: none"> Assessment of peak flows Optimization of medication to maintain adequate peak flow readings
Diabetes/Gestational Diabetes	<ul style="list-style-type: none"> Fasting blood glucose < 90 mg/dL 1 hour post-prandial glucose < 130 mg/dL
Hypertension	<ul style="list-style-type: none"> Maintain blood pressure ≤ 140/90 (Goal may be < 150/90) NO angiotensin converting enzyme inhibitors (ACE inhibitors) NO angiotension reuptake blockers (ARBs)
Obesity	<ul style="list-style-type: none"> Early testing for gestational diabetes (done prior to week 28 if BMI > 35) Monitor weight gain Refer to registered dietician/nutritionist
Psychiatric Illness (psychotic disorders, depression)	<ul style="list-style-type: none"> Monitor psychological wellbeing using tool appropriate for diagnosis Anxiety=GAD7 Bipolar, schizophrenia or unknown=Kessler six + Smith single question Depression=PHQ9
Substance Use Disorder-Alcohol/ Drug	<ul style="list-style-type: none"> Monitor alcohol use through the AUDIT tool Monitor drug use through the DAST tool Refer to treatment and ongoing support as needed



WHAT CAREVIO WILL DO FOR YOUR PATIENTS WHO BECOME PREGNANT

CareVio Healthy Mom/Healthy Baby program

For all beneficiaries enrolled in CareVio Healthy mom/Healthy baby program CareVio staff will:

Verify - maternal risk of premature delivery and identify any comorbid medical conditions

Perform medication reconciliation

- Identify barriers to medication access, adherence and affordability.
- Teach safe use of over the counter medications during pregnancy.
- Identify opportunities for medication optimization and communicate with the provider.

Assess engagement in prenatal care - provider visits, labs and studies. Identify barriers and create care plans to address.

Reduce risks from comorbid conditions

- Asthma
- Diabetes/Gestational Diabetes
- Hypertension
- Obesity
- Psychiatric Illness
- Substance Use Disorder

Facilitate healthy pregnancy habits. Provide beneficiary centric, emotional and educational support for beneficiary and families around healthy pregnancy lifestyle considerations and parenting skills

- Nutrition and Exercise
- Smoking and Alcohol cessation
- Vaccination
- Reproductive planning
- Parenting skills

Coordinate transitions of care within 72 hours of discharge. Ensure follow up visits with providers for both mom and newborn. Post-partum support and education.

- Breastfeeding
- Safe Sleeping habits
- Perineum or surgical site care
- Wellness Visits

Engage and Advocate for our beneficiaries and their families with evidence based, best practice tools in order to achieve better pregnancy outcomes.